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Curbside corned beef dinner planned

HOLYOKE – The Ancient Order of Hibernians-James A. Curran Division One and The Ladies Ancient Order of Hibernians Division Two of Hampden/Hampshire Counties are sponsoring a “2021 Irish Night in Holyoke-A Go Go”, a curbside pickup of a Traditional Corned Beef and Cabbage Dinner and Ribs prepared by the Log Cabin of Holyoke.

DINNER, 9



Some of the cannabidiol products in the foreground were used to make cookies during a cannabis culinary assistant training course early last spring at the HCC-MGM Culinary Arts Institute.

Submitted photo

HCC adds cannabis job training

HOLYOKE – The Cannabis Education Center at Holyoke Community College has added a second cannabis core training program to its spring calendar of workforce training programs.

CANNABIS, 9

Arrest made in homicide investigation

HOLYOKE – On Saturday, Jan. 11 a Holyoke Police Officer heard multiple gunshots while on patrol in the vicinity of 131 Sargeant Street. Multiple officers responded to the area of 133 Sargeant Street and discovered a male vic-

ARREST, 9

★ ★ ★ MAYORAL ELECTION 2021 ★ ★ ★

Sheehan first to declare candidacy

By Shelby Macri
smacri@turley.com

HOLYOKE – Holyoke School Committee member Devin Sheehan announced his candidacy for mayor on Friday Jan. 8, after giving a lot of thought on it and speaking with community members prior.

“I had been thinking about running for some time and solidified my decision and announced,” Sheehan said. “The mayor’s position is non-partisan and I look forward to working with all individuals regardless of political affiliation.”

Sheehan been a member of the School Committee since first being elected in 2009, and is a registered Democrat, but is ready to work for the people no matter their political party.

Sheehan says if elected as mayor, some of his goals would include creating better communication among the city and its residents, allowing residents to be aware of any interruption in city ser-



Devin Sheehan

vices so they can appropriately plan around it. This can help to improve the quality of life for the city’s residents.

He speaks about transitioning the city’s schools back to local control as well.

“Expanding the tax base by ensuring people recognize that Holyoke is ready for new business growth and will welcome them to open their doors in the Paper City,” Sheehan said. “This will also allow the city to lower our commercial and residential tax rates.” Another of his goals includes examining the process that businesses go through to open in the city.

New businesses say it is a lengthy process to open up a place in the city. Sheehan plans to work with the Planning Department, City Council, and community partners to streamline the process of opening a business. Businesses are essential in a city and Sheehan

See SHEEHAN, page 9

Lisi declares intention to run for mayor

By Shelby Macri
smacri@turley.com

HOLYOKE – Holyoke City Councilor Rebecca Lisi announced her plans to run for mayor on Monday, Jan. 11.

During the past year, Lisi has taken on leadership roles to help the city and its residents, she explained that people had suggested she run during this time but had not considered it until Morse was not planning to continue. Lisi is a registered Democrat and explains that she is very focused on creating neighborhood associations and civic initiatives early on if she were elected as mayor.

“Also, I believe that there are several financial best practices that the city can adopt rather easily to help it regain its financial footing,” Lisi said. “More long-term goals include supporting a hub of economic activity downtown, strong schools that are meeting the needs of the families in our district, and rolling out residential fiber network in



Rebecca Lisi

the city.”

She further explains that her campaign is all about building bridges, one that connect the past to the future.

Lisi has spearheaded the process of downtown revitalization to stabilize the city’s

tax base, and was instrumental in passing ordinances that helped bring marijuana manufacturing to the old and historic mill buildings. As mayor, she would work closely with the Office of Planning and Economic Development to make sure she is marketing the city, expanding indoor grow operations, and bring small shops and restaurants back to the urban core.

She supports open government and has worked towards that and municipal services, she supported the implementation of the 2015 Salary and Compensation Study to attract and retain talented and productive employees with competitive salaries. She’d go further

See LISI, page 9

New book details heroin addiction in western Mass.

By Dalton Zbierski
Staff Writer

AGAWAM – During the COVID-19 pandemic, another grave epidemic has all but slipped from the public eye. Opioid addiction is a crisis, one that takes the lives of thousands of Massachusetts residents each year and has plagued the region for decades.

Mike Tourville, an Agawam author with Chicopee roots, recently completed “Voices from the Fallen,” a book that chronicles the struggles of eight western Massachusetts residents battling substance abuse.

“These aren’t case studies; case studies are dry and clinical. These are deeply personal,” said Tourville, who’s publication is available on Amazon both in print and digitally. “You almost feel like you’re in the story yourself; you feel like you’re part of it and you

feel what they feel. That’s what I wanted to do with this; make people feel like they’re living it with them.”

As it delves into the depths of addiction, “Voices from the Fallen,” is based entirely in truth. The background of each real-life character differs from the next, Tourville’s deliberate attempt to ensure that the book reaches a variety of targeted audiences.

“A reader may say, ‘Seven of these stories don’t jive with me, but one of them did,’ and that’s all that matters. That can be the difference,” said Tourville. “There’s a 53-year-old grandfather, who started using heroin. I’ve got a pregnant woman who is using heroin and a Hispanic guy from Holyoke. I’ve got a 19-year-old kid who lives in a very



Mike Tourville

affluent neighborhood and everything in between.”

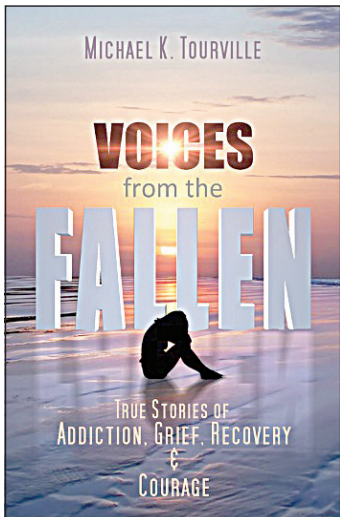
Each story featured within “Voices from the Fallen” is written in the first person, allowing readers to emotionally connect with characters.

Tourville spent countless hours researching and communicating with families who have been affected by the Opioid Epidemic, including those who have lost loved ones to addiction.

Tourville, who has two teenage granddaughters, wrote the book in an attempt to educate youths both locally and nationally on the dangers posed by substance abuse. He walked a fine line as he compiled each story, hoping to create a product that is suitable for a high school classroom.

“I didn’t want to white-wash it, but it couldn’t be too graphic. It was really important

See BOOK, page 9



“Voices from the Fallen” a newly-released book by Agawam author Mike Tourville, offers a grave but necessary look at drug addiction in western Massachusetts.

Courtesy photos

Spikes cause remote learning to remain in place

By **Shelby Macri**
smacri@turley.com

HOLYOKE – City schools are remaining remote into 2021 due to the spike in COVID-19 cases.

There was an update added to the Holyoke Schools website that speaks about the return to school plan, target re-entry dates, and adjusted school hours for remote and in-person learning. The school will be phasing into a hybrid model on a staggered schedule and will be prioritizing younger learners to return first, grades one through twelve will be on a hybrid schedule with two days of in-person learning per week.

Due to the class sizes and the configurations of the classrooms, it’s not possible to bring students back to learning in-person five days a week, the school must maintain social distancing protocols. In Dec. family completed surveys to have their kids in hybrid or remote learning and cohorts have been assigned to students. These cohort assignments will remain in effect while the re-entry dates are being reviewed and revised.

Early learners are planned to return sometime in Feb., but there will be more information by the end of this week. Pre-K and Kindergarten students will be involved in an integrated hybrid model, where students who want to participate in in-person learning will be in cohort C and will attend in-person four days a week. Fully remote students will be cohort D and will be assigned their own teacher, as will cohort C.

Grades one through 12 will participate in the livestream hybrid model, where students who want to participate in in-person learning will be a signed to cohort A or B and will only attend in-person two days a week and remote the rest. Fully remote students will also be in cohort D to join classes virtually with their in-person peers. There will also be adjusted school hours starting on Tuesday Jan. 19.

The adjusted hours are structured around the unique qualities of the school, program, and grade. These changes are in response to feedback from students, families, and teachers to help improve this year’s learning experience; and it’s in accordance to the Department of Elementary and Secondary Education guidelines. This structure allows students to be more engaged with their peers and teachers and will offer small group instruction for additional support, and includes time to take breaks for in-person and online students.

The new schedule will give students a six-hour school day with four to five hours of online learning scheduled throughout the day, giving time for movement breaks, lunch breaks, hand-washing breaks, transitions, cleaning time, and recess for younger students. Even with the adjusted hours Wednesday will still follow the current schedule of no more than three hours of online learning kindergarten through eighth grade, and no more than four hours for grades nine through twelve.

Online learning for the rest of the weekdays includes four hours daily for kindergarten through second grade, five hours daily for grades three to eight, then four to five hours daily for grade nine through 12. The changes allowed

for more live online instructional time to fit the needs of students and follows the DESE guidelines. The re-entry target dates have been pushed back but it will not affect the new hours starting on Jan. 19, the staff has a goal of creating the best educational experience for the students despite the challenges this year provides.

Flu vaccinations will be required for students in-person and fully remote, the Massachusetts Department of Public Health is requiring both types of students to get the vaccination unless they have obtained a medical or religious exemption. The deadline to get the vaccine has been extended to Feb. 28, though in-person learners will need to show proof of the flu vaccine prior to attending any in-person classes. There are documents to fill out included on the school website under the Holyoke Update. Any questions about the return to school plan can be emailed to returntoschool@hps.holyoke.ma.us. Families are also encouraged to check out the Holyoke Schools website for more information.

Free COVID-19 testing at HCC extended until March 31

HOLYOKE – Free “Stop the Spread” COVID-19 testing at Holyoke Community College has been extended until March 31, 2021, according to the Holyoke Board of Health.

Drive-through testing at HCC is conducted six days a week in parking lot H near the western entrance to the Donahue Building on the college’s main campus, 303 Homestead Ave.

HCC has been serving as a “Stop the Spread” drive-through testing site since Aug. 26 to help reduce the spread of COVID-19.

Drivers are asked to enter the campus from Homestead Avenue, turn left onto the Campus Road and proceed to parking lot H. There will be signs and parking attendants on site to manage the flow of traffic.

The HCC testing site is open

Monday, Wednesday, Friday and Saturday from 7 a.m. to 11 a.m.; and Tuesday and Thursday from 2 p.m. to 7 p.m.

Testing is free to all Massachusetts residents, and conducted on a first come, first serve basis. There are no appointments and no referral is necessary. Turnaround time for results is typically four days or fewer.

More information on all of the Stop the Spread test sites across the state can be found at: <https://www.mass.gov/info-details/stop-the-spread>

Please Note: Testing may sometimes be cancelled due to inclement weather. Be sure to visit the Holyoke Board of Health website for up-to-date information on cancellations: <https://www.holyoke.org/departments/board-of-health>.

Virtual concerts set for next weekend

HOLYOKE – The Massachusetts International Festival of the Arts (MIFA) Victory Theatre and New England Public Media (NEPM) are partnering to present El Puerto Rico 3: Identity Duets to audiences across the region. There will be two virtual airings on Saturday, Jan. 23, at 7:30 p.m. and a Sunday matinee, Jan. 24, at 2 p.m. These special debut concerts will feature new MIFA commissioned works by six contemporary Puerto Rican composers performed by the Victory Players Contemporary Music Ensemble under the direction of Music Director Tianhui Ng. Please join us for the conversations with the creative team behind the production immediately after each performance. Tickets are \$20.00 and on sale now at www.mifafestival.org.

COMPOSERS: Gabriel Bouche, Carlos Carrillo, Johanny Navarro, Christian Quinones, Ivan E. Rodriguez, Omar Surillo

ENSEMBLE: Giovanni Pérez, Flute, Eric Schultz, Clarinet, Elly Toyoda,

Violin, Clare Monfredo, Cello, Nathan Ben-Yehuda, Pianist, Robert Rocheteau, Percussion

Now in its third year, El Puerto Rico, The Rich Port is a part of an ongoing exploration of the musical heritage of Puerto Rico by the MIFA Victory Players and is inspired by the rich history and culture of the island. The Victory Players are an initiative of the MIFA Victory Theatre International Arts Academy. The Academy was created to enhance the artistic, economic, and community impact of the reopened Victory Theater. A result of the vision of Don Sanders, MIFA Victory Theatre Executive Artistic Director, Tianhui Ng, Director of Orchestral Studies at Mount Holyoke College, The Victory Players Contemporary Music Ensemble is the Academy’s first project to embody its goals. This is the third round of commissions added to the collection of six original pieces MIFA has commissioned since 2018.

Girl scout cookie season launches with safe sales strategies

HOLYOKE – Local Girl Scouts will put to use new sales strategies and technology skills honed during a global pandemic as Girl Scouts of Central and Western Massachusetts kicks off the 2021 Girl Scout Cookie season. The cookie season like no other begins this Friday, Jan. 15, in central & western Massachusetts.

Girl Scouts are selling in creative, socially distant, and contact-free ways to keep themselves and their customers safe during a challenging time. Even in light of the COVID-19 pandemic, girls are adapting their sales methods to share the joy of Girl Scout Cookies through the largest girl-led entrepreneurship program—including taking contact-free pickup and

delivery orders through a new national collaboration with Grubhub. Additionally, Girl Scouts of the USA is making online cookie ordering available nationwide on Feb. 1 so consumers who don’t know a Girl Scout can still purchase cookies from a local troop for direct shipment to their homes or donation to local organizations.

The Girl Scout Cookie Program has long taught girls how to run a business via in-person booths, door-to-door activity, and the Digital Cookie platform online, which GSUSA launched in 2014.

With the COVID-19 pandemic girls are faced with the same challenges as other small businesses. Girls in Worcester, Hampden, Hampshire, Franklin and

Berkshire counties quickly pivoted their sales methods. From running virtual cookie booths on social media to participating in drive-through locations to facilitating orders that ship directly to customers’ doors, girls as young as five years old are continuing to embrace their entrepreneurial spirits, stay connected to their communities, and have fun by participating in the cookie program. And, the proceeds from each and every purchase stay local with the troop and Girl Scouts of Central & Western Massachusetts to power Girl Scouts’ essential leadership programming.

Here are the ways local Girl Scouts will be selling cookies this year:

Online: Girl Scouts will be selling cookies online through Digital Cookie and social media (with parental supervision) to promote their virtual cookie business to friends and family. Whether its emails, door hangers, or virtual cookie booths, customers will have contactless purchase and delivery options as well as the option to donate cookies to GSCWM’s Project Care & Share (cookies for our service men and women).

Cookie Booths: Drive-through cookie booths; “lemonade stand style” neighborhood booths; and traditional storefront cookies booths at local establishments including GNC. Girls are exploring new and innovative ways to sell cookies directly to the public while also making sure to

follow COVID-19 safety protocols based on Governor Baker and local health board restrictions).

Grubhub and GSUSA National Online Cookie program: New this year, customers can support their local Girl Scouts by purchasing through Grubhub in select areas (Holyoke, Lee and Worcester). Customers who don’t know a Girl Scout will still be able to order from a local Girl Scout through GSUSA’s National Online program. Both methods offer contactless online purchase and delivery.

All purchases of Thin Mints, Samoas, Lemon-Ups, and other Girl Scout Cookie favorites are an investment in girl leadership in your local community. With every sale, the Girl Scout Cookie Program teaches girls how to think like entrepreneurs as they run their own small businesses and learn skills like goal setting, money management, business ethics, people skills, and decision making—which are imperative for any leadership role. And girls decide how to use their portion of the proceeds for unforgettable leadership experiences and community projects, while GSCWM depends on the funds to deliver life-changing Girl Scout programming to 7,000 members in central and western Massachusetts.

To find cookies go to: <https://www.girlscouts.org/en/cookies/all-about-cookies/support-girls-success.html>.



Second annual Winter Farmer’s Market in full swing

HOLYOKE – The Greater Holyoke Chamber of Commerce is pleased to announce that its second annual Winter Farmer’s Market, in partnership with the Holyoke Food Collective, is gearing up for its third event of the 2020-2021 season. After a successful Winter Market for 2019-2020, and an excellent Summer Market, the Greater Holyoke Chamber was eager and excited to continue to bring fresh and local produce to the community this winter, despite a lingering pandemic.

After former Market Manager, Sydney Howard, left in August, the Chamber was fortunate to hire current Manager, Charlie Henzel into the role. A

New Hampshire native and recent graduate of Mount Holyoke College, Charlie has taken their energy and passion to ensuring that community members of Holyoke have access to fresh produce. Greater Holyoke Chamber Executive Director, Andréa Marion, comments: “Food accessibility is extremely important for the people of greater Holyoke. We are so thrilled that the Chamber has brought Charlie onboard, who has done a fabulous job not only growing the market, but providing a resemblance of community during these times.”

Market Manager Charlie Henzel adds, “The Holyoke Farmers’ Market is an effort to increase food accessibil-

ity within the Holyoke community as well as support local farms. One way we do this is through the ability for those with SNAP benefits to use HIP, a program which provides free money to EBT card holders at farmers’ markets.”, they continue, “It is my goal to work with the community and share the importance of food access. Coming together as a community is essential right now. We will always be stronger together than apart.”. Mayor Alex Morse, instrumental in securing funding for the market, adds, “The City is excited to continue working with the Chamber to provide a quality farmers market in our community, and do our part to ensure greater access to fresh

and local produce.”

The Winter Farmer’s Market is held every first and third Saturday of the month at the War Memorial Building on Appleton Street, throughout March. The hours are 11 a.m. to 2 p.m. and there is a Spanish interpreter at every market, and features produce from Red Fire Farm, D&R Farm, and Atlas Farm. The market follows Governor Baker and the CDC’s guidelines and procedures to ensure a safe shopping experience. Temperature checks, capacity limitations and a mandatory questionnaire are among some of the precautions, masks are mandatory. We hope that you will join us in supporting our local farms.

Flu vaccine deadline extended for students

HOLYOKE – The Massachusetts Department of Public Health had set the deadline of Dec. 31, 2020, for remote and in-person students to receive a flu vaccination unless they have obtained a medical or religious exemption. The deadline has been extended through Feb. 28, 2021. Learn more about the flu vaccine, view videos and resources.



Women’s Leadership Series returns Jan. 27

HOLYOKE – Luz Lopez, executive director of MetroCare of Springfield, and Annamarie Golden, director of Community Relations for Baystate Health, will be the featured presenters Jan. 27 for the first Holyoke Community College Women’s Leadership Luncheon Series of 2021.

The Spring Women’s Leadership Luncheon Series will be held from noon to 1:15 p.m. over Zoom on the last Wednesdays of January, February, March, April and May.

Once a month, participants will join a group of women leaders to discuss current issues and ideas to help their leadership development. They will also have the opportunity to form a supportive network of women leaders to help navigate their careers.

The theme of the first session is “Compassion Fatigue.”

“I think many of us are feeling exhausted from all the work and life adjustments we’ve had to make in

2020,” said Michele Cabral, HCC executive director of Business, Corporate and Professional Development. “There couldn’t be a better time to get together with a small group of like-minded women to get feedback and professional support for the new year. Whether you’re at the beginning or middle of your career, this is a great opportunity to boost your outlook and skills.”

Each lunch-time event will feature two presenters leading discussions on different topics:

Jan. 27: “Compassion Fatigue” – Lopez and Golden.

Feb. 24: “Maintaining Power and Grace with Glass Ceilings” – Lynn Turner, coach and business strat-



Luz Lopez



Annamarie Golden

egist, Clear Vision Alliance, Inc.; Moe Belliveau, executive director, Easthampton Chamber of Commerce.

March 31: “Women’s Leadership from a Male Perspective” – Presenters TBD

April 28: Topic and presenters TBD

May 26: “Leading Through Change” – Margaret Tantillo, executive director, Dress for Success Western Massachusetts; Jess Roncarati-Howe, program director, Dress for Success Western Massachusetts.

Sessions are \$20 each. The full five-session series is \$50. Space is limited. Advance registration is required.

To register, please go to: hcc.edu/leadership-luncheons

STCC prepares students for before and after-school care

SPRINGFIELD – Springfield Technical Community College this spring will offer a course that addresses a growing need: how to educate and care for children when school isn’t happening.

Conor J. Bevan, the director of program development for the Boys & Girls Club of Greater Holyoke, will teach the new class, called Out of School Time.

While the need to enrich and provide care for children when they’re not in school has been growing over the past several years, the COVID-19 pandemic accelerated the pace and demand for educators, Bevan said.

“What we’re seeing now in our field is really fascinating,” Bevan said. “You have virtual or remote public school education. You have a growing need for childcare, and you have the vast majority of parents unable to stay at home with their child. It creates a tremendous burden on them.”

Often, parents face the difficult choice of working or staying at home to support their child. In many cases, it’s an “impossible choice” because parents cannot afford not to work, Bevan said.

Bevan said organizations such as the Boys & Girls Club offer “out of school time” childcare services and programs and face a growing demand for trained educators. The STCC course, which is designed to help meet the demand, is an elective that is part of the Early Childhood Education Transfer degree program, but is open to anyone.

Bevan said the course focuses on supervision, safety, program quality and operations.

“We’re trying to teach students to become youth development professionals, and give them an understanding that this is a critical time in a child’s life,” Bevan said. “We serve as a primary link between

academic support, enrichment activities, physical health and nutrition, especially now more so than ever. With schools being remote, our industry has operated almost as a pseudo school.”

Richard Greco, dean of the School of Liberal Arts and Professional Studies at STCC, said the pandemic has highlighted the need to find ways to support children when school is not in session.

“We know that parents have a need to find a place for their kids to go when they’re working,” Greco said. “Our goal was to offer a course with somebody who has firsthand experience in this field to give STCC students a great education on how to develop curriculums, make sure students are safe and have nutritious food in front of them.”

Greco thought Bevan would be an ideal instructor for the class after reading

a profile of him in a local media outlet. Bevan, who grew up in Holyoke, spent time as a child at the Boys & Girls Club of Greater Holyoke as well as the Greater Holyoke YMCA. He gained an appreciation of programs and services designed to enrich the lives of young people when they weren’t in school.

“I’m a proud product of the out-of-school-time industry,” Bevan said. “I really leaned on my lessons that I learned in the out-of-school-time world to propel my career professionally as well as personally.”

The spring semester at STCC starts Jan. 25. To enroll in the class or apply to be a student at STCC, visit stcc.edu/apply or call Admissions at (413) 755-4812. For questions about the Out of School Time class, email Aimee Dalenta: adalenta@stcc.edu, or Jennifer Wallace-Johnson: jwjohnson@stcc.edu.



A new course at STCC will help teach students about out-of-school care.

Submitted photo

Homework house offers free virtual tutoring services

HOLYOKE – Homework House is offering free virtual after school tutoring services to elementary school children in need of extra academic support. Students in Holyoke as well as surrounding communities can take advantage of this individualized support at no cost. This service will be provided for students in first to sixth grade. All tutoring is provided in a safe virtual environment with qualified tutors.

Homework House has been offering quality after school tutoring for over thirteen years. During the pandemic, tutoring has been provided online and has included support in reading, math, and other areas where students need additional help. This service can lessen the burden of academic support on parents and caretakers during the pandemic. It can also help to lift student achievement and combat learning loss at this time.

Tutors are retired teachers, education students from many local colleges, and community volunteers all who undergo a strict vetting process and are supervised by Homework House staff.

After school tutoring is offered Monday through Friday during the school year. To make an appointment for tutoring, or for more information about program, please contact Angel Coriano,

Director of Programs at 413-887-2012 or email him at acoriano@homeworkhouseholyokey.org.

Poetry Corner

Why Or How
Toward Wisdom

By Thomas J. Kennedy

How can I do what I think I want to do?
And why . . .
Why doesn't some time forget or leave me?
I want to go to my Epiphany.
I want to go deeper and higher today,
The question must have love and pray.

I got to go farther than a "To Do" list,
And my own: "Must Be Done" list.
To be or not to be is not the question
As there are three to Be's.

One living in you – sometimes gets through as
patience . . .
There is "to be" to one's conscience
And then the gift,
the direct connection from and to God
Where beauty, love, truth
and forgiveness reign.
Before you said 'I'm sorry'
I have already forgiven you –
Your holding pain.

Also where you treasure
childhood innocence, make them
feel important
And look to life and love in little things –
The pure hearts will see God.
Peace, Love and Joy.

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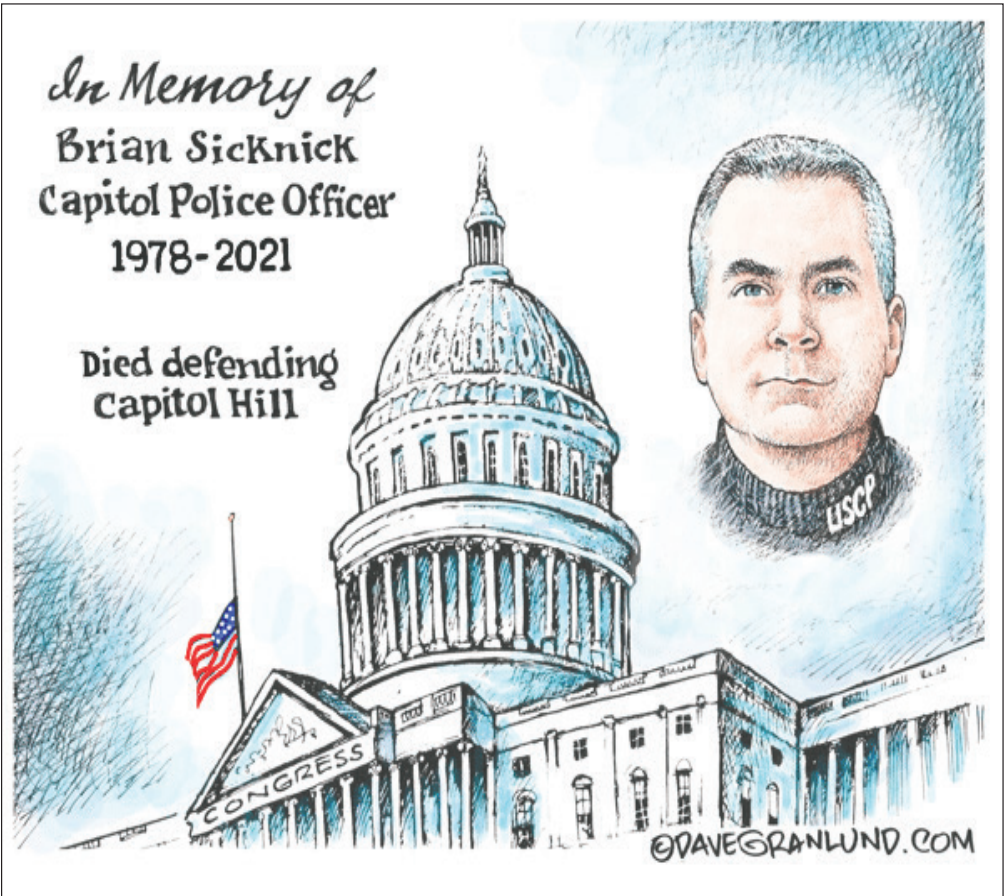
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Guest Column

Fun finding flowers

One might say I have a soft spot for heirloom flowers. Learning about these antiques as a twenty-something when I started working at Old Sturbridge Village likely set the stage for what I dub a long-term love affair. Just today I placed orders for seeds of my favorites, among the many are a number of foxglove and pink species. Read on to learn about the cream of the crop of cottage garden favorites.

There has always been a secretive side to foxgloves, due in part to an unusual name and the potent medicine that is obtained from the plant. Legend has it that foxglove was derived from “folk’s glove”, folks referring to the elves and fairies of country lore. Another legend tells that the fox needed magical gloves to steal a chicken or two. A less fanciful explanation traces glove to gleow in Old English; a gleow was an ancient musical instrument made of bells suspended from a curved frame. I think the description fits the look pretty accurately! The following species I grow with success; please use caution when planting around children due to poisonous properties.

Native to Western Europe, the common foxglove (*Digitalis purpurea*) has had a place in North American gardens since its introduction during colonial times. Tall purple spikes grace rise from basal foliage and make a strong statement in the June garden in sun or part shade, fertile ground. Although biennial, this species will self-seed prolifically. Try ‘alba’ for a all white strain.

There are other, more subtle species of foxglove worthy of a home in your garden. One of my top picks is the Rusty Foxglove (*Digitalis ferruginea*). Small flowers the color of liquid gold bloom up three to six-feet stems late in the summer. Although touted as being a biennial this species has happily returned for several years in my part shade, moisture retentive location. The yellow foxglove (*D. grandiflora*) is a reliable perennial, shorter than most, only 24 to 30 inches tall and blooming a soft yellow in early June. This species also prefers part shade and adequate moisture. The Grecian foxglove (*D. lanata*), a true biennial, has grayish flowers, blooming in July up three-foot stems. The straw foxglove (*D. lutea*) begins relatively short in stature but after three or four years can get quite tall at four feet. Its creamy flowers are a mere ¾ inches and are quite unusual, but lovely, and return year after year.

Now on to the pinks. Everyone knows what a florist carnation smells like, flowery with a hint of cloves. Imagine it, but reduce the scale of the flower size and loos-

IN THE
GARDEN

ROBERTA
MCQUAID
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en the head a bit and you will be on to Sweet William, (*Dianthus barbatus*). Prized by florists for its clustered, richly scented three-inch flower heads, seen in white, magenta, salmon and pretty bicolors. Technically a biennial, Sweet William will occasionally return for a third or fourth year of bloom but will likely be spindly at best.

Dianthus gratianopolitanus is a mouthful for a plant better known as Cheddar Pink. Settle

for a few quarter-sized fragrant pink blooms in year one, but by mid-June of the second year of the plant, it will be at least a foot to 15 inches wide by eight inches tall with flowers too numerous to count. Each individual floret is composed of five flat petals that get a bit deeper in tone near the center and tatter somewhat at the edge. Curly stamens popping up in the middle add to the interest.

Pheasant-Eye or Cottage Pink, (*Dianthus plumarius*), is less behaved than it cousin. The silver foliage has a tendency bend and grow in funny, rambling angles, making it a great candidate for draping over the edge of a raised border or rock wall. The flowers are fragrant still, but less prolific than those of Cheddar Pink. Similar in appearance too, except that they have an even more pronounced, dark eye against white, light pink and deep pink petals- giving it the name Pheasant-Eye!

The last pretty pink I’ll mention today is Fringed or Superb Pink (*Dianthus superbus*). It differs from Clove and Pheasant Eye in that its foliage is green and less spiky, more grass-like. And while the others top off under a foot, Fringed Pink grows two feet tall or taller. Light pink or purple flowers are deeply fringed, giving them a very delicate appearance that is best admired (and sniffed!) up close.

Many of these *Dianthus* and *Digitalis* species are available by seed through JL Hudson, Seedsman (www.jlhudsonseeds.net) and Richters (www.richters.com). Plants are easy to grow, best started indoors in late February. Pinks prefer to sprout off-heat, but foxgloves benefit from heating cables. Light will aid in germination for both types; simply press the seed into the soil surface and do not cover.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to ekenedy@turley.com with “Gardening Question” in the subject line.



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PATRICK H. TURLEY
CEO

KEITH TURLEY
President

INTERIM EDITOR
Greg Scibelli
thesun@turley.com

STAFF WRITER
Peter Spotts
pspotts@turley.com

ADVERTISING SALES
Wendy Delcamp
wdelcamp@turley.com

SPORTS EDITOR
Greg Scibelli
sports@turley.com

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A Quote

OF NOTE

“Life imposes things on you that you can’t control, but you still have the choice of how you’re going to live through this.”

Celine Dion

Letters to the Editor Policy

Letters to the Editor have a maximum of 350 words. We require writers to include their name, address and phone number in order for our office to authenticate authorship prior to publication. Addresses and phone numbers are not published.

Unsigned or anonymous letters will NOT be published.

We reserve the right to edit or withhold any submissions. Libelous, unsubstantiated allegations, personal attacks or defamation of character are not allowed.

Deadline for submissions is Wednesday at noon.

Please email (preferred) letters to thesun@turley.com. Mailed letters can be sent to The Sun, 24 Water Street, Palmer, MA 01069.

Lesser highlights pandemic’s impact on gender equity

LONGMEADOW – Last week, Senator Eric P. Lesser was joined by Donna Haghighat, CEO of the Women’s Fund of Western Massachusetts, for a Lunchtime Livestream on gender-equitable recovery. The Women’s Fund of Western Massachusetts has been raising funds directed towards social impact for 27 years, and has so far raised over \$2.5 million for more than 150 non-profit organizations. The video from the livestream can be accessed on Facebook and Twitter.

Senator Lesser and Haghighat first spoke on the disproportionate effects that the COVID-19 pandemic has had on women in the labor force. For Haghighat, the pandemic’s effects have set back the slowly-increasing trend of women in the labor force. “We have done a research report in 2019 on the status of women and girls in the four [Western Massachusetts] counties, and we had seen already in Hampden County that only 73% of women were in the labor force. The unemployment



The Women's Fund of Western Massachusetts was on display in an interview conducted by State Sen. Eric Lesser. Submitted photo

rate was 7%,” she explained. “We now know that COVID has really increased both of those numbers because women have been disproportionately in the low-wage sectors of our economy: the

restaurants, the nail salons, the day care centers, the non-essential hospital workers. That should get more attention to recategorize how we frame who is exposed and who isn’t.” She also made

mention of the pay gap forcing child-care decisions.

Haghighat also discussed what would be legislatively necessary in order to better serve women in pandemic recovery. She also referenced the Institute for Women’s Policy Research’s new report and the recent coining of the term “shecession”, an economic downturn that disproportionately affects income for women. “A she-cession should take a ‘she-covey’, instead of a recovery,” Haghighat said. “I think if we center women when we’re figuring out how to reorganize, we’ll need to look at things like a national child care system and, absent that, a state-wide system of support. We need to figure out our social safety nets so when things like this happen, we are accounting for folks who are forced to self-select out of the labor force. They’re not looking for paid employment right now, but they should still be taken care of economically because they are doing the work society didn’t figure out how to do.”

Legislature passes landmark climate bill, including provisions

MASSACHUSETTS – Last week, the Massachusetts Legislature passed breakthrough climate legislation that overhauls the state’s climate laws, drives down greenhouse gas emissions, creates clean energy jobs, and protects environmental justice communities.

The bill, An Act Creating a Next-Generation Roadmap for Massachusetts Climate Policy (S.2995), sets a 2050 net-zero greenhouse gas emissions limit, as well as statewide limits every five years; increases the requirements for offshore wind energy procurement bringing the statewide total to 5,600 megawatts; requires emission reduction goals for MassSave, the state’s energy efficiency program; and, for the first time, establishes the criteria in statute that define environmental justice populations. The legislation also increases support for clean energy workforce development programs including those targeting low-income communities and improves gas pipeline safety.

“The passage of this legislation, crafted by climate conference chairs, Senator Barrett and Representative Golden, is an exciting moment for environmental justice and equity in Massachusetts,” said Senator Eric P. Lesser. “This bill includes anti-bio-mass provisions to protect the Springfield area and directs the Executive Office of Energy and Environmental Affairs to conduct a new study of the impact of bio-mass on greenhouse gas emissions and public health. This full commitment to net zero by 2050 will continue to make Massachusetts a national leader in clean energy, will create thousands of new jobs, and will reduce the effects of climate change.”

The legislation includes, among other items, the following provisions:

- Sets a statewide net zero limit on greenhouse gas emissions by 2050 and mandates emissions limits every five years, as well as limits for specific sectors of the economy, including transportation and buildings.
- Codifies environmental justice provisions into Massachusetts law, defining environmental justice populations and providing new tools and protections for affected neighborhoods.
- Requires an additional 2,400

megawatts of offshore wind, building on previous legislation action and increases the total to 5,600 megawatts in the Commonwealth.

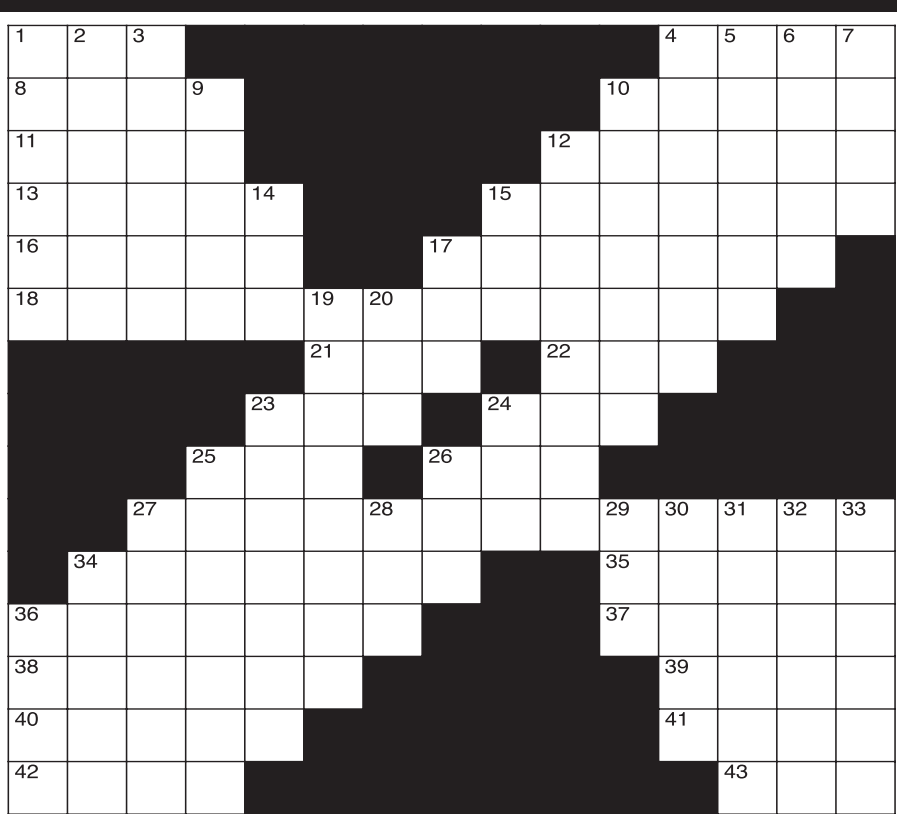
- Directs the Department of Public Utilities (DPU), regulator of the state’s electric and natural gas utilities, to balance priorities going forward: system safety, system security, reliability, affordability, equity, and, significantly, reductions in greenhouse gas emissions.
- Sets appliance energy efficiency standards for a variety of common appliances including plumbing, faucets, computers, and commercial appliances.
- Adopts several measures aimed at improves gas pipeline safety, including increased fines for safety violations and regulations related to training and certifying utility contractors.
- Increases the Renewable Portfolio Standard (RPS) by 3 percent each year from 2025 – 2029, resulting in 40 percent renewable energy by 2030.
- Establishes an opt-in municipal net zero energy stretch code, including a definition of “net zero building.”
- Prioritizes equitable access to the state’s solar programs by low-income communities
- Establishes \$12 million in annual funding for the Massachusetts Clean Energy Center in order to create a pathway to the clean energy industry for environmental justice populations and minority-owned and women-owned businesses.
- Provides solar incentives for businesses by exempting them from the net metering cap to allow them to install solar systems on their premises to help offset their electricity use and save money.
- Requires utilities to include an explicit value for greenhouse gas reductions when they calculate the cost-effectiveness of an offering of MassSave.
- Creates a first-time greenhouse gas emissions standard for municipal lighting plants that requires them to purchase 50 percent non-emitting electricity by 2030 and “net zero” by 2050.
- Sets benchmarks for the adoption of clean energy technologies including electric vehicles, charging stations, solar technology, energy storage, heat pumps, and anaerobic digestors.

The bill is now with the governor.

NAMI annual meeting set for Jan. 17

AGAWAM – The National Alliance on Mental Illness of Western Massachusetts Annual Meeting will be held on Sunday, Jan. 17. This will be a virtual event and registration is required. Only members will be eligible to vote, please contact our office for an absentee ballot. Absentee ballots must be received in our office by Jan. 19. For more information and to register go to namiwmm.org and click on the registration link. A Zoom link will be provided (emailed) to those who are registered.

NAMI is the National Alliance on Mental Illness, the nation’s largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

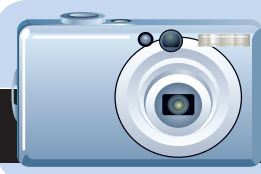


- CLUES ACROSS**

 - 1. Adequate yearly progress (abbr.)
 - 4. Silicon Valley’s specialty
 - 8. Gather a harvest
 - 10. Famed mathematician
 - 11. No (slang)
 - 12. Students use one
 - 13. Type of molecule
 - 15. Play make-believe
 - 16. Large barrel-like containers
 - 17. Touching
 - 18. Treats allergies
 - 21. Calendar month
 - 22. Single
 - 23. Cease to live
 - 24. Brew
 - 25. What ghosts say
 - 26. Geological time
 - 27. Focus
 - 34. Discomfort
 - 35. A citizen of Iran
 - 36. Trip
 - 37. Imitate
 - 38. Makes happy
 - 39. Double-reed instrument
 - 40. Body parts
 - 41. Transgressions
 - 42. One-time emperor of Russia
 - 43. Time zone
- CLUES DOWN**

 - 1. Used in treating bruises
 - 2. One who cultivates a small estate
 - 3. One who supports the Pope
 - 4. Annuity
 - 5. Geological period
 - 6. Grab onto tightly
 - 7. Kept
 - 9. Chinese city
 - 10. The most direct route
 - 12. Type of tooth
 - 14. ___ kosh, near Lake Winnebago
 - 15. Popular veggie
 - 17. Supervises interstate commerce
 - 19. Foolish behaviors
 - 20. Witness
 - 23. Gives
 - 24. Expression of creative skill
 - 25. A way to prop up
 - 26. Midway between northeast and east
 - 27. Winter melon
 - 28. Supernatural power
 - 29. Target
 - 30. Threes
 - 31. A type of poetic verse
 - 32. They make some people cry
 - 33. Kindest
 - 34. Forman and Ventimiglia are two
 - 36. A way to liquefy

CROSSWORD ANSWER on page 8



Send Us Your Photos!
TheSun@turley.com

Students to perform virtual reading of women’s suffrage play

HOLYOKE – Students from Holyoke Community College this week will perform a virtual staged reading of *Failure is Impossible*, a play celebrating women’s suffrage.

The free performance, directed by HCC theater professor Pat Sandoval and history professor Diane Beers, will be hosted on Zoom on Thursday, Jan. 14, starting at 6:30 p.m. in conjunction with Holyoke’s Wistariahurst Museum.

First performed in 1995 to celebrate the 75th anniversary of women’s suffrage, the play by Rosemary Knower dramatizes the debate leading up to passage of the 19th Amendment, which granted women the right to vote.

Knower’s script draws upon archival sources, including the Congressional Record, petitions to Congress, newspapers, personal letters, diaries, and memoirs. The cast of characters include Abigail Adams, Sarah Grimke, Elizabeth Cady Stanton, Lucy Stone, Susan B. Anthony, Sojourner Truth, Clara Barton, and Frederick Douglass among others.

The play was originally scheduled to be performed live on the stage of HCC Leslie Phillips Theater in March 2020 during Women’s History Month, in honor of the 100th anniversary of the



Theater professor Pat Sandoval leads an acting class at Holyoke Community College in 2019. Submitted photo

19th Amendment. But that show was cancelled due to the COVID-19 pandemic.

“I think it’s even more significant now that we’re doing this piece,” Sandoval said. “The play is not a work of fiction. It is filled with historical facts, so it’s educational and important and timely. Everybody should know the struggles of the suffragettes. We take it

for granted, but, as we know by recent headlines, democracy and rights are not just handed to us.”

The performers are students from an HCC Learning Community class taught jointly by Sandoval and Beers titled “*She Persisted*,” which combines women’s history and acting.

The title adopts the now-familiar expression used in 2017 by U.S. Senate

majority leader Mitch McConnell in defending the Senate’s vote to silence Senator Elizabeth Warren’s objections to the confirmation of Jeff Sessions as U.S. Attorney General.

“We chose ‘*She Persisted*’ because all the women we study show this determination to keep on persisting and it’s particularly true of the suffragettes,” Sandoval said. “It’s only been 100 years since we’ve had the right to vote, and the country’s been around since 1776, so women have been struggling since the beginning for the right to vote.”

Sandoval and Beers will be teaching the class again this spring.

The HCC cast includes Alex Santiago of Holyoke, Cassi Broga of Chicopee, Diamond Smith of Easthampton, Hannah Labreche of Holyoke, Nathan Rodriguez of Holyoke and Roxy Murphy of Easthampton.

To see the show, attendants must register in advance through a link on the Wistariahurst Museum website: wistariahurst.org/events

The program is funded by a Community Development Block Grant. Additional support has been provided through NEH CARES Act funding granted by Mass Humanities.

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Students make Dean’s List at HCC

Each semester Holyoke Community College recognizes superior scholarship through the Dean’s List. A student is placed on the Dean’s List if their G.P.A. is 3.2 or higher. The students listed below have earned Dean’s List honors for the Fall 2020 semester. The following Holyoke students made Dean’s List last fall.

Annmarie Rose Arduino, Katelyn Bacon, Yadelis Ann Badillo, Tiffany Jehdon Barr, Amanda Lea Barta, Kim Bayliss, Ashley Angeliz Berrios, Jessica Tyler Boulanger, Mercedes Elizabeth Boutiette-Hall, Paige Elizabeth Brainard, Jazlynn Yvonne Brown-Pena, Sadie Rose Carlon-Sicard, Destiny Jean Champagne, Santyane Alana Chen, Karina Amirriss Clemente, Shannnon Collins, Alyssa Colon, Tomas J. Colon, Natasha G. Costa, Katelynn Cruz, Chamile Antonia Cruz, Nicole F. DeJong, Erik Anderson Duni, Brandon Michael Eldred, Jonathan David Engle, Zachary Sean Erwin-Stevens, Rodrigo Espinoza, Brandon Feldman, Jesiah Denai Fernandez, Diana Noraida Figueroa, Emmanuela Filev-Mihalak, Tiffany Marie Garcia, Samantha Garcia, Mary Katherine Glasheen, Jeremiah Ethan Gomez, Kiara Enid Gonzalez, Matthew Scot Griswold, Marcel Jan Guzik, Carly Joanna Haaga, Dawn Haarmann, Darya Sojourner Hamin, Jaymie Lynn Hession, Brooklyn

Rose Ingellis, Felisha Naima Jimenez, Laila Marie Jordan, Kevin Andrew Jourdain Jr., Michael Francis Kane II, Imma Kayzakian, Naressa Kempadoo, Laney Madison Kleszczynski, Kristen E Koszewski, Alexandra Yurievna Kuznetsova, Kayla La Fortune, Calvin J. Martindale, Lydia Mazza, Liam Tetreault McManus, Crystal Marie Medina, Salome Moreno, Shirley Nikoll Mulero, Michael James Murphy, Jack Robert Narey, Selena Mariny Om, Jazmin Ortiz, Julie Michelle Otero, Sarah Elizabeth Petrowicz, Tamara Pierzchalski, Meghan Riley Pion, Dylan Jakob Pitzer, Jhoiner Sebastian Quintero, Dorah Rains, Shivani Hema Ramraykha, Francheska Rivera, Cynthia Marie Rivera, Genesis Tanairy Rivera, Erick Joel Rivera-Gonzalez, Juan Alberto Rodriguez, Judeliz Rodriguez, Zariah Rodriguez, Zelia Emerita Rodriguez, Monica Marie Rosa, Lily Cooke Ruderman, Taryn Shaylene Ryan, Anezka Lee Saldana, Samacha Sam, Francheska Jessenia Santana, Alexandra Isabelle Santiago, Terrence Smith, Gunnar David Soderbaum I, Alice Teele, Carter Theriault, Neil David Toomey, Yanitza Lee Torres, Justin Eric Torres, Jeyleen Marie Troche Rivera, Nilmarie Velazquez, Christopher Dennis Walsh, James Patrick White Jr., Ian Jonas Wolf, Eric Wood, Sabrina Young.

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Counting app 'pitched' to baseball committee

By Gregory A. Scibelli
gscibelli@turley.com

REGION – While some sports are struggling to be able to just take place, there is hope that spring sports like softball, lacrosse, and baseball will be able to have somewhat of a normal season.

With that discussion, the Baseball Committee of the Massachusetts Interscholastic Athletic Association has begun further discussions about the uniform record-keeping of pitching.

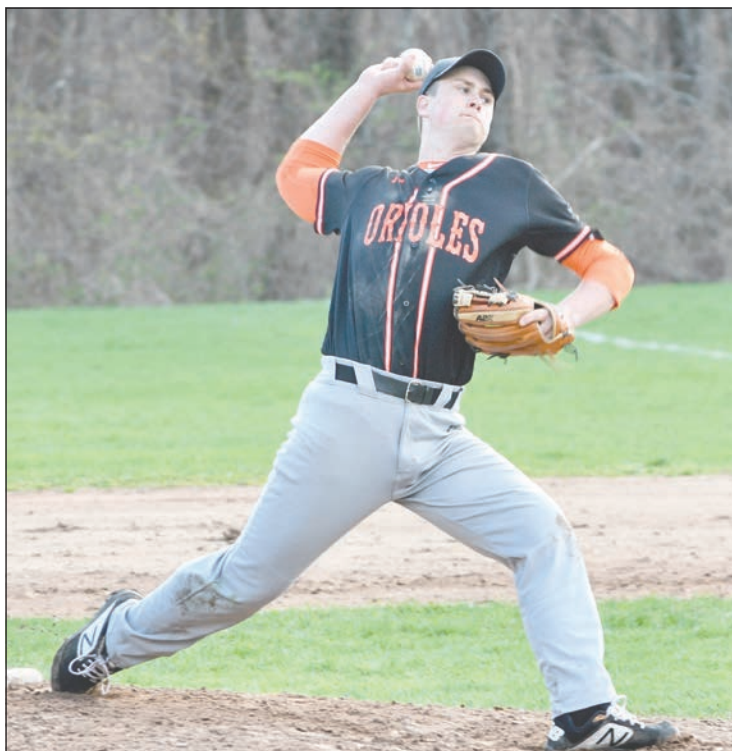
A couple of years ago, the MIAA agreed to institute pitch counts in high school baseball.

One of the most glaring changes high school coaches will have to deal with is a pitch count, which would require a pitcher to come out of a game once he reaches 115 pitches, and then require at least four days of rest before that individual can pitch again. There are other rest requirements for smaller numbers of pitches.

For South Hadley High School coach Matt Foley, he wonders how the pitch count rule is going to be enforced.

"The MIAA is going to need a system of reporting," said Foley. "But the two sides are going need to agree on pitch counts during the game."

Teams will need to have individuals be responsible for keeping accurate pitch count, and new South Hadley Athletic Director Eric Castonguay



An app called Change Up could be a solution for easy tracking of pitch counts, providing a database for all high school teams to utilize.

says there is supposed to be an online reporting system for pitch counts through the MIAA.

"Pitch counts are supposed to go to Athletic Directors, who will place them online," Castonguay said not long after the rule was passed.

At a recent Baseball Committee meeting, Change Up, a phone app, was presented to committee members and is an official "PitchSmart" USA Baseball-certified applications.

The app itself is very simple. It provides a comprehensive

tracking of a player's pitching activity across a season.

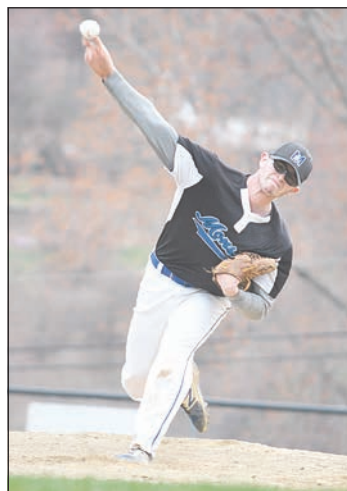
One huge benefit is that it has automated reporting to a database for the National Federation of High Schools. The MIAA recently adopted NFHS rules in nearly all sports, including baseball. While the app supposedly provides analytics in regards to safety, durability, and effectiveness of a given pitcher, it's most important factor for high school teams is the

See PITCHED, page 8

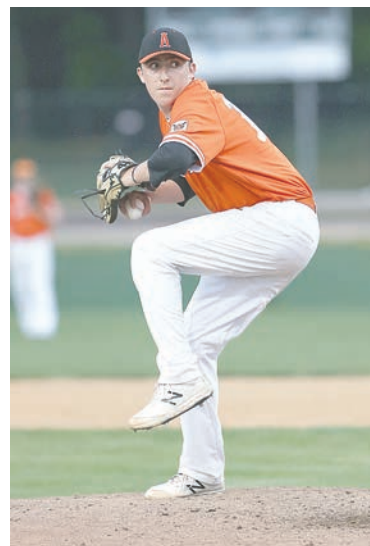


Pitch counts will be instituted in the 2021 high school season, requiring mandatory rest for pitchers between appearances.

File photos



Smaller schools like Monson could struggle with pitch-counting due to a smaller pool of players to choose from.



American Legion teams utilized pitch counts in the 2019 summer season.

Current restrictions could severely limit fans at winter sports

By Gregory A. Scibelli
gscibelli@turley.com

REGION – Depending on a town's individual situation, winter schedules have begun formulating in high school boys and girls basketball, swimming, and boys and girls ice hockey.

One thing various schools will be navigating very carefully or not at all is the ability to have fans in high school gymnasiums.

Due to the space confines and the need to keep students in smaller groups, it is almost certain there will be no fans at swim meets, but there could be fans at some high school gymnasiums and possibly at ice hockey rinks.

However, under the current restrictions by Gov. Charlie Baker, it may not be possible.

During the fall season,

the indoor gathering size got as large as 50 people during the most advance phase of the governor's re-opening plan. But with thousands and thousands of new cases each day coming off the Thanksgiving and Christmas holidays, Baker has shrunk the maximum gathering size indoors to just 10 people.

While schools were exempted or had orders modified, it is not clear, according to the Massachusetts website, how it will apply to fans at high school games. Baker did say at a press conference last week that the 10 or less guideline did not apply to schools with data showing that school could take place safely.

During the fall season, only girls volleyball was held indoors. A few schools did allow just one or two fans per home team player to be in the gymnasium and social distanc-

ing and face coverings were required at all times while indoors.

Outdoors, most schools allowed home fans up to a certain number or issued two or three passes to players and only those with passes were allowed inside venues. A few schools, citing a lack of ability to control the crowds, were forced to bar fans completely in order to allow games to be played.

Holyoke was the first school to be forced to shut down sports due to COVID-related issues. Chicopee, Ludlow, and Wilbraham also experienced similar shut-downs.

Ice hockey is scheduled to begin as well, with arenas including Fitzpatrick, Olympia Ice Center, and Smead hosting a limited number of games.

See FANS, page 8

Granite series adds trip to New London

WALPOLE, N.H. – Granite State Pro Stock Series officials announced on Saturday a trip to New London-Waterford Speedbowl has been set for Saturday, July 24. The race was originally listed as a TBA on the schedule, announced on Dec. 10, but has now been sealed up.

The New London-Waterford event is part of a 15-race announced slate for the New Hampshire based touring series for the new calendar year. The .375-mile asphalt oval, located in Waterford, Connecticut, will mark the second stop in the nutmeg state, as the first will come in the season-opener as part of the NAPA Spring Sizzler at Stafford Motor Speedway on April 24.

The New London-Waterford race will help begin the second half of the season in the hunt to crown a champion.

"Adding this date at Waterford truly gives our schedule a mix of everything for 2021," Mike Parks, president of the Granite State Pro Stock Series, said. "Waterford has become one of the tracks that always brings out the top Pro Stock talent. We're looking forward to heading back to Connecticut."

In the midst of the COVID-19 pandemic, GSPSS teams competed at New London-Waterford twice in 2020. Joey Pole was crowned the champion in October -- scoring a victory in the process -- while Seekonk Speedway regular David Darling dominated the September event en route to Victory Lane.

For more information on the Granite State Pro Stock Series, visit the series on the web at gspss.net or follow on social media via Facebook, Twitter and Instagram.



Sign-ups now available for 2021 Relics softball

REGION – The Western Mass Relics has opened registration for the 2021 Senior Softball Season. The Silver Division (age 50 to 64) has filled 36 of the 112 spots and the Gold Division (65-and-up) has filled

32 of the 96 spots. The registrations are accepted on a first come first serve basis. All our games are played at the Fish & Game in Ludlow. For further information or to register go to <http://www.westernmassrelics.org>.

Pioneers to host Pelham clinic

LUDLOW – Western United Pioneers FC is excited to offer a soccer clinic in Pelham, MA for players in the Massachusetts North Region. The fall clinic provides off-season training and skill development by WUP FC coaches. There are two sessions available. sign up for one or both. It makes a great holiday gift for friends and family members.

This program is offered to boys and girls born in 2010, 2011, 2012, 2013, and 2014. The four-week program includes one practice per week for a total of \$65 per session (\$130 for 2 sessions). Sessions will consist of a max of 15 players per field

(COVID regulation for the players’ safety).

SESSION 1: MONDAYS 1/25, 2/1, and 2/8

- Boys and Girls Born 2013 and 2014: Session is at 5 p.m.
- Boys and Girls Born 2010, 2011, and 2012: Session is at 6 p.m.

SESSION 2: MONDAYS 2/22, 3/1, 3/8, and 3/15

- Boys and Girls Born 2013 and 2014: Session is at 5 p.m.
- Boys and Girls Born 2010, 2011, and 2012: Session is at 6 p.m.

The sessions will be held at Pelham Elementary School at 45 Amherst Road, Pelham, MA 01002.

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HOLYOKE – Turley Publications sports department has recently joined Instagram. You can find our account by searching “turleysports.”

We will regularly feature samples of photos that you will see in our publications on a weekly basis. Please follow and share with your friends and loved ones. We will be featuring photos from all 11 of our sports sections in the coming weeks, but as always, you can see all the photos that appear by subscribing to your local paper or picking up a copy in your community.

New umpires needed for 2021 season

REGION – The Western Massachusetts Baseball Umpire Association is looking for individuals who are interested in umpiring baseball at the high school and youth level. The WMBUA services high school baseball and various other leagues in the Greater Springfield area/ Hampden County.

The WMBUA’s first year members class will be held for roughly five to six weeks, beginning in February. The class dates right now are fluid as the organization monitors what happens with the COVID-19 pandemic. Class is usually one or two nights per week from 6:30 to 8:30 p.m.

The class takes place in the First Baptist Church of East Longmeadow’s classrooms at 50 Parker Street. Classes may also be virtual if COVID-19 does not allow for in-person meetings.

If you are interested in taking the classes, contact Chris Meffen, the WMBUA Secretary, via email at cmef-fen8017@gmail.com or visit the WMBUA website at <http://wmbua.org>.

PITCHED, from page 7

ability to document pitch counts and provide access for all teams to access any team’s current pitch status.

While it is very unlikely a high school coach will be concerned with the analytics portion of an athlete’s pitching performances, it will help them determine which pitchers can be used and for how long in a given game. It will also allow for pitching planning to take place, especially for a team that may have three to four games in a given week.

The pitch counting rule is supposed to be in full effect in 2021 whenever the season begins. The app is utilized in many states, including most of the

Northeast.

If the MIAA reaches a deal for the app, it would address the concerns of Foley and many other high school coaches.

There is still some criticism over how the rule could hamper smaller schools in Division 4, potentially crippling programs and crippling developmental programs like junior varsity as high school coaches could be forced to use extra pitchers from junior varsity teams to meet the pitch count requirements.

American Legion teams in Western Massachusetts utilized pitch counts in the 2019. Pitch counts were agreed to by both teams during games and tracked via the Legion’s website.

FANS, from page 7

There are only 40 players allowed to participate in games, and it is unclear how many people the arenas will allow to attend games, especially with teams sharing home ice.

Fans should check with their child’s individual schools in order to find out what rules will be in place for fans.

Playing of games could take place around Jan. 21 and about 10 to 12 contests are planned for basketball and hockey. There will be no tournaments for winter season sports.

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The Sun

OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$120, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

NEWS & FEATURES

As a paper of record, we attempt to cover all general news, personality profiles, and community features that we know about. This includes all selectmen and school committee meetings as well as spot planning board, board of health, finance, and other town meetings determined by the issue’s relevance to our readers. There are the annual major community event features that we should always cover, but we are more than open to suggestions of other features to celebrate the fabric of our communities and their many interesting occupants. Our loyal advertisers provide funding for this paid staff coverage.

For more information on news or community features for The Sun, please email thesun@turley.com.

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Mass Humanities announces joint project with Mississippi Humanities

NORTHAMPTON – Mass Humanities is pleased to announce a collaborative partnership with Mississippi Humanities to produce six interactive, online programs to facilitate conversation and connection. By reflecting on the both states’ histories in relationship to each other, this series aims to build understanding and offer new perspectives. At a time when the pandemic has created a greater sense of isolation, the organizations hope to forge connections.

The first of the sessions took place in the beginning of December and focused on images and impressions of the two

states, bringing curiosity to questions about how communities view each other. The two speakers, W. Ralph Eubanks, Visiting Professor at the Center for the Study of Southern Culture at the University of Mississippi, and Michael Gorra, Mary Augusta Jordan Professor of English Language & Literature at Smith College, touched on the literary heritage of Mississippi and Massachusetts to offer reflections on how some of the greatest writers have informed and complicated views of each other.

On Jan. 14, 2021, the second session, Inside/Out: Lessons of Freedom Summer,

will explore the Civil Rights Movement from the perspectives of Mississippi organizers and Massachusetts volunteers who took part in the 1964 Mississippi Freedom Summer Project. The moderator will be Daphne Chamberlain, Assistant Professor of History Tougaloo College, and guest speakers will include:

- Roy DeBerry, co-founder of the Hill Country Project
- Elaine DeLott Baker, CORE Staff member
- Charles Cobb, journalist, author, and educator
- Arekia Bennett , executive director

of Mississippi Votes
“In a deeply divided nation, we believe this is a time to build new bridges,” said Brian Boyles, Executive Director of Mass Humanities. “These conversations reflect the common ground, sometimes unacknowledged, between places as different as Massachusetts and Mississippi. We’re glad to work with our colleagues at Mississippi Humanities Council to bring people together from across our states to get at the issues and look for possible ways to bring forth real change together through the humanities.”

LISI, from page 1

and establish a capital stabilization account and a capital investment plan that will get the city back on its tracks, with predictable purchases and the maintenance of service vehicle fleets, equipment, and building conditions if elected as mayor.
Two years ago, Lisi sought professional guidance on how to improve the city’s credit rating, she also supports the Department of Revenue and Local Services recommendation to create a Finance Director position to oversee the financial management of the city in a non-politicized manner. If elected mayor she would continue to work through the 2007 and 2015 DOR and DLS reports to adopt a series of policies that will serve as financial best practices to improve the city’s financial standing and avoid falling into state receivership.
Lisi has advocated to improve the city’s school buildings and to move the district back to a middle school model

of education in the 2019 ballot initiative campaign, and she plans to continue this fight for funding and resources to the city’s schools that need them in order to support students and their families.
“I helped found CRUSH, which was responsible for a brief spurt of broad civic volunteerism that led to the canals being lit for the holidays, a winter carnival, and several years of the Great Holyoke Block Party, among other city events and forums,” Lisi said. “As mayor I will fund the creation of Neighborhood Associations where neighbors get to meet each other, learn about the issues in their neighborhoods, and find ways to work together on common, shared goals.”
Through these issues and items Lisi will focus on building bridges in government and with the community they serve, for the future of Holyoke. Lisi will be running and is looking forward to the chance to serve the community as mayor if elected. For information on Lisi and her campaign, visit <https://votelisi.com>.

CANNABIS, from page 1

The CEC will offer another round of its intensive, two-day Cannabis Core Training program on Sat., March 20, and Sunday, March 21.
Slots also remain open for Cannabis Core Training the weekend of Sat., Jan. 23, and Sunday, Jan. 24.
Each day will be broken down into two sessions, 9 a.m. to 12 noon, and 1 to 4 p.m. Each session will include presentations from cannabis industry experts followed by a question and answer period.
Students who complete the core training are then eligible to register for spring 2021 classes in one of four cannabis industry career tracks: Cultivation Assistant (Feb. 6 – Feb. 21); Extraction Technician (Feb. 27-March 14); Culinary Assistant (April 3 – April 18); and Patient Services Associate (Jan. 30 – Feb. 14; and May 1- May 16).
Cultivation assistants provide the daily care of the crops from seed to harvest and may be involved in cracking seeds, soil mixing, potting, defoliation, watering, pest control and trimming.
Extraction technicians work in labs assisting production managers in all aspects of extraction, purging, oil manipulation, winterization, distillation, sol-

vent recovery, and quality control.
Patient service associates work behind the counters at cannabis dispensaries, interacting with the public, answering technical questions, and providing information to registered cannabis patients, caregivers, and recreational customers making purchases.
Culinary assistants are responsible for preparing cannabis or cannabidiol-infused products using a variety of cooking, baking, and infusion techniques.
To register for the January or March Cannabis Core Training class, please go to: hcc.edu/cec-core
The cost of the two-day core training session is \$595. Each career track program is \$799.
The Cannabis Education Center is a partnership between HCC and Elevate Northeast and based out of HCC’s Kittredge Center for Business and Workforce Development.
Elevate Northeast is a Massachusetts-based, women-founded 501(c)(3) nonprofit, created to support the Northeast U.S.’s growing cannabis industry through workforce training, education and advocacy.
More information on these and other upcoming classes and programs can be found on the Cannabis Education Center’s website – cannabiseducation-center.org or by calling 413-552-2320.

SHEEHAN, from page 1

believes that Holyoke is ready for new growth within its walls, these new businesses can draw in more people. Additionally, he plans to help the community as it recovers from COVID-19, expressing the need to advocate to the state and federal officials for increased funding to help the community.
“I am looking forward to meeting with community members from across the city,” Sheehan said. “I have a renewed commitment to city infrastructure which includes finances, public safety, and education. My plan for economic development will not only focus on marketing the city for new business but also t support COVID recovery to help current businesses in the city thrive.”

Sheehan believes has the skills and experience to ensure Holyoke remains financially stable, especially during these times of COVID. He is committed to building relationships and working with all community members in his path of helping the city. This also includes strengthening the relationship with City Council and working with external partners to make the city successful.
Sheehan had been helping the community in his work as a School Committee member and believes in public service, he’s looking to have more involvement in the role of mayor. For more information on Sheehan and his campaign people can visit his website at <https://www.sheehanforholyoke.com> where he lists his priorities and more about himself.

BOOK, from page 1

to have this be accepted by high school students and be recommended by teachers and parents,” said Tourville. “What’s the point of having a book that helps to prevent drug use if parents don’t want their high school aged children reading it? I had to write it with that in mind and didn’t want to turn people off.”
Thus far, “Voices from the Fallen” has received rave reviews from a number of sources. Actor Dean Cain remarked that it does a “fantastic job taking us into the mind of the addict.”
Agawam Mayor William Sapelli was also left with a positive impression. He cited the importance of communicating difficult stories in an attempt to ensure the safety of the community.
“These hard-hitting experiences are extremely impactful and have the potential to save lives of those in a similar situation,” said Sapelli. “The extraordinary courage of these individuals and family members to share their personal stories with the intent of assisting others goes above and beyond expectations. This

book is essential reading for those who are at risk or know anyone who may be.”
While the book is finished, Tourville’s mission is not complete; more stories are to come. Tourville expressed his desire to continue engaging audiences of all background to increase knowledge regarding the severity of drug addiction in western Massachusetts.
Common perceptions and stereotypes can be quite misleading, and Tourville hopes to demolish them. “Voices from the Fallen” serves to remind the public that an individual in need of assistance can be closer than one may think.
“The hard part of that is there’s such a diverse group of people who are affected by substance abuse,” said Tourville. “It’s old people, it’s young people, it’s males and it’s females; people of different races and levels of affluence. I’m hoping this book can inspire people to step up and do something because too often a lot of people don’t know what to do.”

DINNER, from page 1

The event is Saturday, March 6, 2021 at the Log Cabin 500 Easthampton Rd. in Holyoke-pickup is from 11 a.m. to 2 p.m. on that date. The cultural event will benefit the Maurice A. Donahue Memorial Scholarship and is in memory of Daniel P. Curran.
The Log Cabin will prepare and fea-

ture a traditional corned beef and cabbage dinner and ribs, hash, carrots, potatoes, brown bread, and dessert. The cost is \$25.00 per person and includes the meal and one entry into our 50/50 raffle.
For reservations contact Joe O’Connor at 413-627-7148 or Fran Hennessey at 413-785-5687 by Feb. 27 or online at [Eventbrite.com](https://www.eventbrite.com). The Hibernian website is aoh-holyoke.com.

ARREST, from page 1

tim suffering from apparent gunshot wounds. Officers on scene immediately began first aid. The victim was transported to Holyoke Hospital where he was pronounced deceased.
Detectives from the Holyoke Police Department and the Massachusetts State Police Detective Unit assigned to the Hampden District Attorney’s Office along with the Hampden District

Attorney’s Office Murder Unit immediately initiated a homicide investigation.
The victim was later identified as Mr. Raecquese Wright, 21, of Springfield.
On Tuesday, Jan. 12, Massachusetts State Police Detectives assigned to the Hampden District Attorney’s Office and the Massachusetts State Police Violent Fugitive Apprehension Section, with detectives from the Holyoke Police Department, arrested Jose Gonzalez-

Diaz, 25, of Holyoke. Gonzalez-Diaz was arrested on a warrant charging him with the murder of Raequese Wright.
Hampden District Attorney Anthony D. Gulluni commented, “When people chose violence and a life is taken, investigators never quit until those responsible are brought to justice. I thank and commend the investigators from the Holyoke Police Department and the Massachusetts State Police assigned to my office for their con-

stant commitment and hard work over a year to build a case and make an arrest. Their work helped a family deal with its loss and made the streets of Holyoke safer.”
This is an on-going investigation being conducted by the Massachusetts State Police Detective Unit assigned to the Hampden District Attorney’s Office, the Holyoke Police Department and the Hampden District Attorney’s Office’s Murder Unit.

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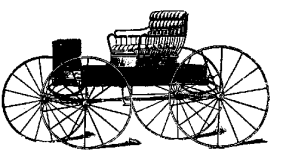
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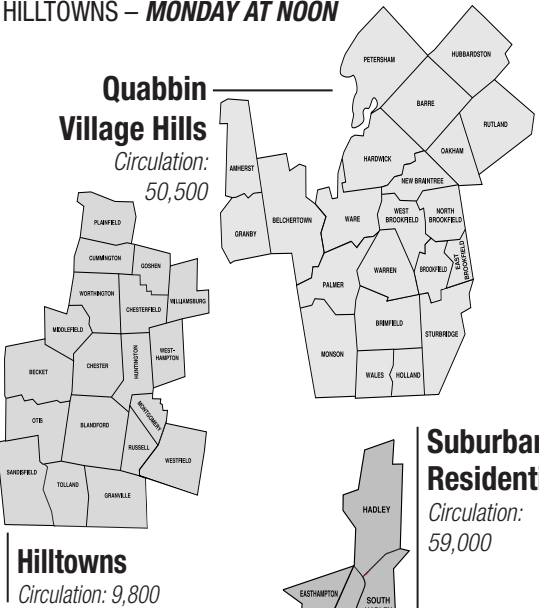
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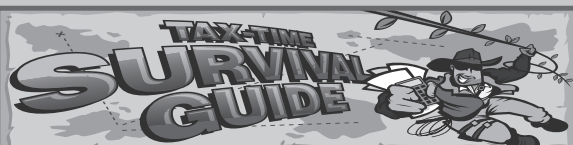


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Public Notices

COMMUNITY OUTREACH MEETING
Hybrid House LLC plans on building out a licensed cannabis establishment at 20 Hadley Mills Road, located in Holyoke. The facility will be used for light manufacturing and wholesale distribution. Hybrid House LLC will be hosting a virtual Community Outreach Meeting at 5 PM EST on Friday, January 29, 2021. At this time, Hybrid House LLC will share details of the plan.
Hybrid House Community Outreach Meeting
Visit www.zoom.com
Click > Join a Meeting
Meeting ID: 945 7095 7300
Passcode: hybrid
01/15/2021

Notice of Public Hearing
The DGR Committee of the Holyoke City Council will hold a public hearing on Monday, January 25, 2021 at

6:30 pm to hear an Application for a Special Permit for Home Occupation of Gina and Raquel Fasoli Figueroa per section 4.8.2 of the Holyoke Zoning Ordinance for a painting business at 145 Mountain View Dr (Map 135 Block 00 Parcel 006) Meeting will take place remotely and can be accessed via www.zoom.us
Meeting ID: 826 1397 0812
Meeting Passcode: 894276 or by call in at 1 (929)205-6099 with same Meeting ID and Passcode. Written public comment can be submitted to publiccomment@holyoke.org. For information on these applications please contact City Council Admin. Assistant Jeffery Anderson-Burgos at anderson-burgosj@holyoke.org or by phone at (413) 322-5525
DGR Chair: David Bartley
01/08, 01/15/2021

Commonwealth of Massachusetts The Trial Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD21P0052EA Estate of: Kathleen T Griffin Date of Death: 09/29/2020 CITATION ON PETITION FOR FORMAL ADJUDICATION
To all interested persons:
A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Thomas B Griffin of South Hadley, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.
The Petitioner requests that: **Michael Hooker, Esq.** of Northampton, MA be appointed as Personal

Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.
IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 02/09/2021.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS

UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. **Barbara M Hyland**, First Justice of this Court.
Date: January 12, 2021
Rosemary A Saccomani
Register of Probate
01/15/2021

Notice of Public Hearing
The DGR Committee of the Holyoke City Council will hold

a public hearing on **Monday, January 25, 2021 at 6:30 pm** to hear a Special Permit application of Jill LaBeau per section 6.1.8.1 of the Holyoke Zoning Ordinance for a driveway at the front of the house facing the house at 23 O'Connor Avenue (Map 074 Block 00 Parcel 024) Meeting will take place remotely and can be accessed via www.zoom.us
Meeting ID: 826 1397 0812 Meeting Passcode: 894276 or by call in at 1 (929)205-6099 with same Meeting ID and Passcode. Written public comment can be submitted to publiccomment@holyoke.org. For information on this application please contact City Council Admin. Assistant Jeffery Anderson-Burgos at anderson-burgosj@holyoke.org or by phone at (413) 322-5525 DGR Chair: Bartley
01/08, 01/15/2021

WE'VE EXPANDED OUR WEB SITE PUBLIC NOTICES ARE NOW ONLINE

1 Email all notices to notices@turley.com

2 Access archives and digital tear sheets by newspaper title.

3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays.

visit www.publicnotices.turley.com

Hampshire Sheriff alerts residents to phone scam

REGION – Hampshire County Sheriff Patrick Cahillane is alerting residents to a phone scam being perpetrated in the Pioneer Valley.

The scam, commonly known as “phone spoofing” or “caller ID spoofing,” is when a scammer uses caller ID spoofing technology to impersonate the phone numbers of local businesses or government agencies in attempt to acquire money or some sort of personal information.

On Monday, Dec. 7, Sheriff Cahillane said his office had received several calls from area residents report-

ing that they had received calls from a person identifying themselves as an employee of the Hampshire Sheriff’s Office seeking money due to court charges, and then requesting payment via gift cards.

“The Hampshire Sheriff’s Office will never, never, call private citizens and demand payment or accept payment of any kind over the phone,” Sheriff Cahillane said. “If you receive such a call, the best tactic is to simply hang up. Anyone receiving such a fraudulent call might also consider contacting their local police depart-

ment, or notifying my office at 413-584-5911. The FBI website – www.fbi.gov – also has information about how to avoid such scams.”

Here are some additional tips from the Better Business Bureau on what to do if a scammer calls:

- Hang up – don’t press any buttons and, if you received a voicemail, don’t call the scammer back. We all like to have the last word, but returning the phone call may just give the scammer information they can use.

- Don’t trust caller ID – scammers have technology that lets them display

any number or organization name on your screen.

- Never give out any financial information – if you did not initiate the call, do not provide bank account, credit card or Social Security numbers over the phone unless you have thoroughly done your research and verified the caller.

“The duty of the Hampshire Sheriff’s Office is to protect public safety,” Sheriff Cahillane added. “We want everyone to stay safe, and to remember that my office will never make these kinds of phone calls.”

Movement program offered for area youth

WESTFIELD – The YMCA of Greater Westfield, in collaboration with Baystate Health, is offering the MIGHTY (Moving, Improving, and Gaining Health Together at the YMCA) program; Now enrolling children between the ages of 8 and 10. Classes will be held on Tuesdays from 4 p.m. to 6 p.m.

MIGHTY, funded by a grant from Kohl’s Cares, is an evidence-based, multi-component pediatric weight management program for children with a body mass index above the 95th percentile. This free program meets twice per month, over a six-month period. During each two-hour session, children and their families engage with exercise specialists, nutritionists and behavioral health workers in classroom instruction and group exercise sessions.

To be eligible for the MIGHTY

Program, participants must be at or above the 95th percentile for body mass index (BMI), provide a medical clearance form signed by their health care provider and attend a registration session, Thursday, Feb. 4 at 4 p.m. with the child at the YMCA of Greater Westfield. Registration is now open.

Space is limited while adhering to the social distancing guideline. To register, contact YMCA of Greater Westfield, Cindy Agan, Health & Wellness Director, 413-568-8631, cagan@westfieldymca.org.

The YMCA of Greater Westfield is committed to be the leader in improving the quality of life for members of our community by providing cause-driven programs for individuals and families focusing on youth development, on healthy living and on social responsibility.

Final performances by Nadine Shank online

AMHERST– On Sunday, Jan. 31, at 3 p.m., the UMass Amherst Department of Music and Dance will present a virtual concert featuring beloved long-time piano professor Nadine Shank, who passed away in October. The video, titled Celestial Graces: A Remembrance of Nadine Shank, features recent performances by her and numerous current and former colleagues, along with a few selections captured during concerts with her fellow UMass faculty members over the past few years. The free event will be streamed on a one-time-only basis on the department’s YouTube channel.

The recent recording sessions were organized at Shank’s request following her diagnosis earlier this year with Creutzfeldt-Jakob Disease, a rare form of progressive dementia. Faced with the rapid onset of this incurable disorder,

Shank saw these sessions as her last opportunity to experience the joy of performance while also celebrating the many relationships she developed during her decades-long career. Shank met this challenge with her patented mixture of energy, determination, and grace, and has left behind a moving and inspiring testament to her legacy as a performer, educator, and mentor.

The virtual concert also includes recent footage of Shank performing alongside current UMass colleagues Jonathan Hulting-Cohen (saxophone), a regular performance partner in recent years, as well as Jamie-Rose Guarrine (soprano) and Rémy Taghavi (bassoon).

Individual selections will remain posted on YouTube for later viewing. The event is free; donations are encouraged to the newly-established Nadine E. Shank Piano Endowment Fund.

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Doors Close Saturday!
January 16th at 6pm



DOWNTOWN NORTHAMPTON